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ABSTRACT

This resource guide lists nutrition education materials, audiovisuals, and other materials for secondary school classroom use. Topics covered include general nutrition, food preparation, food science, and dietary management. Teaching materials listed include books, brochures, food models, games, kits, videocassettes, audiocassettes, activity sheets, posters, and lesson plans. Items are listed within the following categories: curriculums (13 items), learning activities (24 items), audiovisuals (49 items), resources written for children (16 items), and resources for adults (38 items). For each item listed, the information provided includes title, author, type of material, length (pages or minutes), publisher or producer, National Agricultural Library call number, and summary of content. A few of the items are available in languages other than English. Items are available on loan from the National Agricultural Library; guidelines for requesting materials are provided. (JDD)

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Nutrition Education Materials and Audiovisuals for Grades 7 through 12

Special Reference Briefs: SRB 94-10

Shirley King Evans
Food and Nutrition Information Center

National Agricultural Library Beltsville, Maryland 20705-2351 July 1994

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Introduction

This publication has been prepared for educators interested in nutrition education materials, audiovisuals, and resources for classroom use. Items listed in this publication cover topics including general nutrition, food preparation, food science, and dietary management. Teaching materials listed include: food models, games, kits, videocassettes, and lesson plans. Textbooks and resources are listed to assist you with background information; some materials can be used independently by children.

Older items (more than five years old) that are still appropriate to use or were developed with Nutrition Education and Training (NET) funds are included. No summaries are available for older items that were added to the collection this year.

Every item in this publication is available for loan from the National Agricultural Library (NAL). Please check page iii to see if you are eligible to borrow directly from NAL. Otherwise check with your local library on how to borrow materials through inter-library loan with the National Agricultural Library (NAL).

Some items that have been produced from Nutrition Education and Training (NET) funds and other resources are available for purchase. Please contact the producer(s) directly or call the Food and Nutrition Information Center (FNIC) for more information.

Each item has been placed in one or more of the following categories:

- ♦ curriculums
- ♦ learning activities
- ♦ audiovisuals
- ♦ resources written for children
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- Nutrition Education and Training Program (NET)
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AUDIOVISUALS (AVs): For loan purposes, AVs include motion pictures, filmstrips, slides, kits, games, audiocassettes, videotape recordings, posters, transparencies, Show'n Tell filmstrip/record sets, and film loops (a film loop is a Super 8 mm cartridge; and requires a Fairchild, Audiscan or Technicolor cartridge projector). AVs are not loaned outside of the continental U.S. except for Hawaii, Puerto Rico, the Virgin Islands and other U.S. Territories.

- Give the complete title and format (type of material). Include the catalog number (up to 4 digits followed by a hyphen and the year – 1453-77) or a call number, when possible.
- Indicate the date materials are to be used (show date); materials will be mailed one week before the date.
- Order at least 3-4 weeks ahead of time. Up to three AVs may be ordered at one time, using one IRF per item. Give alternate title selections if materials are needed for a particular date. If specific titles are needed, give alternate show dates.
- To avoid the possibility of an item being overlooked, list items desired in chronological order (up to three per date) on a sheet of paper along with your name and address. Provide a street address since items may be sent by United Parcel Service (UPS).
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- Up to six requests for journal articles may be submitted at one time. Use one IRF per article requested.
- Sign the IRF to indicate compliance with copyright laws/guidelines. IRFs with a photocopied signature will be returned.

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Curriculums

Aim for balance: exercise and eat right
1 vol., 2 posters, and 1 guide
Seattle, WA: Seattle Public Schools & the Washington Dairy Council, 1989.
CALL NO: LB1587.A3A35
Summary: This teaching tool (grades K-12) stresses nutrition and exercise as two vital components to fitness. Included is a section on ideas and suggestions for a healthier lifestyle for the entire family.

Apricots, bagels, clever cooks, and other stories about nutrition
Bev Stratton
150 leaves
Ohio: Geauga County Department of Education, 1982.
CALL NO: TX355.S79 1982 F&N; B-3394
Summary: Lesson plans based on 42 primary and 19 intermediate children's storybooks integrate nutrition education into literature, art, science, physical education and music activities for the classroom. Each lesson plan provides the book's story summary, the nutrition concept(s) to be drawn from it, and suggested activities categorized according to curriculum subject. The appendices contain the resource books "Snacks," "Planning a Nutritious Tasting Party," and "Make It, Eat It". Classroom gardening activities and a list of useful classroom cooking equipment also are included.

Be a wellness winner!
Barbara A. Rienzo
2 posters, 1 teacher's guide, and 1 duplication masters booklet
Tallahassee, FL: Florida Nutrition Education & Training Program, State of Florida, Dept. of Education, 1991.
CALL NO: LB1587.N8R532 1991
Summary: This packet provides a basic curriculum for health promotion with stress on nutrition for middle school students. The packet was developed for Florida's nutrition month activities for March, 1991. Included in the packet are incentive posters, duplication masters, and a teacher's guide.

Classroom activities in nutrition in teenage pregnancy
Dian Gans and Barbara A. Hetzel
166 p.
Madison, WI: Wisconsin Dept. of Public Instruction, 1990.
CALL NO: RG556.5.G3 1990
Summary: This book offers teachers of school-age parents a wealth of information, resources, and ideas whose effects are far reaching in support of two generations -- those born today to teenage parents and the teenage parents who bear them. The lessons' step-by-step format can make lesson and unit planning much more efficient. The lessons have been revised to reflect increasing concern that the information is accessible to students from multicultural backgrounds and with diverse levels of reading competency. Chapters included the topics of: nutrients, wellness issues, smart consumer choices, postpartum nutrition, basic food groups.

Eater's digest: a guide to nutrition for teenagers
Bonnie A. Spear and Ronald A. Feinstein
1 videocassette (VHS) (93 min.) + 1 teacher's manual
Birmington, AL: University of Alabama, 1987.
CALL NO: Videocassette no. 883
Summary: This teaching package is a compilation of a comprehensive nutrition education curriculum covering 13 major subject areas: digestion, energy providers, vitamins and minerals, comparative shopping, food preparation, nutrition during pregnancy, infant/child nutrition, adolescent nutrition, weight management and eating disorders, fat diets, nutrition and athletics, coronary heart disease, and dietary guidelines. The video introduces the subject; and the manual provides the teacher with the reference tools, vocabulary list, fact sheets, activities, and in-depth information on the subject area.

Education for self-responsibility IV: nutrition curriculum guide
Home Economic Curriculum Center, Texas Tech University, College of Home Economics
3 vols.
Austin, TX: The Center, c1992.
CALL NO: TX364.E38 1992
Summary: This curriculum guide is dedicated to improving the nutritional status of children and adolescents as well as inspiring lifetime habits of healthy eating. Contains a total nutrition education program that encompasses nutritional aspects of the child`s daily life both at school and at home. Provides teachers with specific grade-level plans and learning activities that include student handouts and worksheets, teacher resource pages, and overhead transparency masters for prekindergarten through grade 12.

Exploring the food pyramid with Professor Popcorn
Sue Frischie and Karen L. Konzelmann
21 lesson plans, 67 duplicating masters, 3 activity sheets, 1 bifold display, 2 booklets, and 1 pamphlet
West Lafayette, IN: Purdue University Cooperative Extension Service, 4-H EFNEP, c1993.
CALL NO: Kit no. 215
Summary: Teaches nutrition and basic health principles by means of activities which cover the Food Guide Pyramid and the Dietary Guidelines for Americans. Divided into three levels for grades 1-3, grades 4-6, and grades 7-9.

Healthful habits: it's your decision
Beverly A. Bryant
Raleigh, NC: North Carolina Dept. of Public Instruction, Division of Curriculum and Instruction, Healthful Living Section, 1990.
CALL NO: 363.8 H349
Summary: This interdisciplinary curriculum guide provides school personnel with a framework for a nutrition education program to help reduce the risks encountered by adolescents and help them enhance their current and future health and well-being through good nutrition provided "across the curriculum" in physical education, health, science, mathematics, language arts, and social science, home economics and nutrition education.

Nutrition basics
Julia Truitt Poynter, Janet Cope, and Wanda Grogan
10 portfolios + 1 instructor's information guide
Atlanta, GA: University of Georgia, Georgia Center for Continuing Education, 1991.
CALL NO: TX364.N896 1991
Summary: This 10 module curriculum is designed to provide in-depth instruction in basic nutrition throughout the life cycle. The goal is to increase knowledge and understanding of basic nutrition principles affecting school-age children, adolescents and adults. It may be taught to groups of teachers, school nutrition managers, and other school personnel. It is an appropriate follow-up course for "Living, learning, eating," or "Working together as a nutrition education team."

Nutrition education activities for teaching
Food and Nutrition Dept., North Dakota State University, College of Home Economics; contract with Nutrition Education and Training Program, North Dakota Dept. of Public Instruction.
Bismarck, ND: The NET Program, 1987.
CALL NO: TX364.T41
Summary: These 10 nutrition education activity sets were developed for the primary, intermediate and junior high levels and designed to supplement the teacher inservice modules "Teaching nutrition." Each activity set corresponds to the nutrition topic covered in one module of the "Teaching nutrition" set. The activity sets provide hands-on classroom materials for teaching nutrition and every set has selected concepts and objectives for the nutrition topic it covers.

Nutrition for life grades 9-12
Ithaca, NY: Division of Nutritional Sciences, Cornell University, 1988.
CALL NO: TX364.N8593
Summary: This three-volume nutrition education program is part of a New York state effort to assure that all young people in all schools, public and private, receive a comprehensive education about health and well-being. Intended for students in grades 9-12, these units discuss such topics as: making decisions to improve fitness and personal health; educating students to decipher truth from myth in the popular media; food preparation skills; and health issues related to teenage pregnancy and parenting.

Nutrition issues
Julia Truitt Poynter, Janet Cope, and Wanda Grogan
15 portfolios + 1 instructor's information guide
Atlanta, GA: University of Georgia, Georgia Center for Continuing Education, 1991.
CALL NO: TX364.N897 1991
Summary: This 15 module curriculum is designed to provide in-depth instruction in basic nutrition throughout the life cycle. The goal is to increase knowledge and understanding of basic nutrition principles affecting school-age children, adolescents and adults. It may be taught to groups of teachers, school nutrition managers, and other school personnel. It is an appropriate follow-up course for "Living, learning, eating", or "Working together as a nutrition education team".

Training table: a complete sports nutrition program
Kristine Obbink and Ruth Carey
42 slides, 1 script, and 3 handouts
Portland, OR: Nutrition Services, Portland Public Schools, 1987.
CALL NO: Slide no. 258
Summary: Sound nutrition principles for sports and fitness are outlined in this educational program. Nutrition recommendations are based on the Dietary Guidelines for Americans and the basic four food groups. Topics include: fuels used for physical activity, nutrients needed for exercise, fluid requirements, body composition, the pre-exercise meal, carbohydrate loading, snacking, and guidelines for weight control. The program is designed for use in health and physical education classes, PTA meetings, meetings of athletic directors and coaches, and student athletes' team meetings.

Learning Activities

Balance, the game of living well
1 game (1 board, 5 sets of cards, 1 pad of score cards, and sheet of instructions)
Roselle, IL: One on One Fitness, Inc., 1988.
CALL NO: Game no. 21
Summary: Teaches ages 12 and up about nutritional relationships using a game format. The object of the game is to acquire the minimum healthy levels of fat, fiber, exercise, calories, and fluids and to accumulate them in the proper ratios to one another. Board, question cards, scoresheets and dice are included.

Chemistry and nutrition experiments
Dr. David Bergandine
16 p.
Sycamore, IL: Illinois Nutrition Education and Training (NET) Program, 1991.
CALL NO: TX541 B47 1991
Summary: This booklet contains 3 units for instruction in science and nutrition. "Which carbohydrate" is intended for younger students (i.e., grades 4-6); "How many minerals" is intended for students with more knowledge (i.e., grades 6-7); and "What`s essential" is designed for upper level science students with some knowledge of biology and chemistry (i.e., grades 8-9).

Eat, think, and be healthy! Creative nutrition activities for children
Paula Klevan Zeller and Michael F. Jacobson
Washington, DC: Center for Science in the Public Interest, 1987.
CALL NO: TX364.Z4
Summary: This nutrition book for children presents a discussion of how to choose foods for health by teaching: what they eat may effect how they grow, feel, and behave; how to select, prepare, and savor foods beneficial to their survival and health; how to create healthful quick breakfasts, lunches, and snacks; what are the basic food groups and nutrients contained in foods; and how to examine the food available in their homes, schools, in neighborhood fast food restaurants, and in supermarkets. "Take-home tips" and "cook it together" activities involving parents in their children's education process, resource information, recipes, and illustrations are included.

Food and digestion
Steve Parker
48 p.
London, NY: F. Watts, 1990.
CALL NO: jQP145.P17
Summary: An introduction to the digestive system, discussing each stage of digestion, the organs which aid in the digestive process, and the assimilation of nutrients into the body's structure.

Food models
185 cardboard models + leader guide
Rosemont, IL: National Dairy Council, 1990.
CALL NO: Graphic no. 262
Summary: Food models provide life-size color photographic reproductions of foods commonly eaten; accompanying guide gives suggestions for use of the models in nutrition education programs.

Food tasting party manual for managers
Barbara Parnell, Archdioceses of New Orleans, Nutrition Education and Training Program
15 p.
Baton Rouge, LA: State Dept. of Education, Bureau of Food and Nutrition Services, 1987.
CALL NO: TX364.P3
Summary: To assist classroom teachers in coordinating tasting parties, this manual sets forth guidelines to consider, particulars of planning and conducting tasting parties, and specific foods for menu planning. Each menu item considered includes preparation instructions, serving arrangement, and purchasing information. General food purchasing and accountability information is included.

Foodworks--over 100 science activities and fascinating facts that explore the magic of food
The Ontario Science Centre; illustrated by Linda Hendry
90 p.
Reading, MA: Addison-Wesley Pub. Co., 1987.
CALL NO: jTX355.F66
Summary: Created with an emphasis on health for both children and adults, this book is a cornucopia of activities, games, and facts on the subject of food. The history/culture of food, who eats it, what is in it, food fears, digestion, food production and storage comprise some of the topics addressed. Each section includes illustrations and step-by-step instructions for projects that require only a few common household items for completion.

Getting it together: bodies, budgets, and basic foods
JoAnn McCloud-Harrison
27 p.
Athens, GA: Cooperative Extension Service, University of Georgia, College of Agriculture, 1987.
CALL NO: jTX355.M3
Summary: This is a food and nutrition project manual for 4-H'ers at the Junior High level. The project manual is broken into two separate sections: nutrition and health, and food selection and buying. In the section on nutrition and health, the manual focuses on those foods which should be avoided and those which should be included in a well-balanced diet. Exercises include listing favorite foods and analyzing their fat content by testing for greasy spots on brown paper, listing foods you most often eat and why, and calculating your ideal body weight. Regarding food selection and buying, the manual stresses the importance of comparison shopping and not simply buying the most prominent name brand. Also stressed is looking at the label to see which foods are healthier. Last is meal planning by combining what was learned in the two sections.

Getting it together: preparation, preservation, and pH
JoAnn Harrison-McCloud
27 p.
Athens, GA: Cooperative Extension Service, University of Georgia, College of Agriculture, 1987.
CALL NO: jTX652.5.H3
Summary: This is a food preparation and preservation manual for 4-H'ers at the Junior High level. The manual is divided into two sections: preparation (cooking), and preservation safety and storage. In the first section, food preparation is divided into two categories of cooking: dry heat, and moist heat. Also covered is the purpose of specific ingredients in the cooking process. Activities include cooking different food items at varying lengths of time and methods to demonstrate why and how these foods react in different manners under different conditions. In the preservation safety and storage section much emphasis is given to problems arising in canning, freezing and drying. A great deal of emphasis is given to killing harmful bacteria and proper techniques to insure safe food products. Most activities involve canning fresh fruit and vegetables. One activity outlined is making dried fruit leathers and roll-ups. Citizenship activities for the project are also outlined.

Healthquest: nutrition trivia
1 game (175 question and answer cards, 1 pad of contestant entry forms, 1 sheet of rules, 1 tournament sheet, and 4 noise makers).
Portland, OR: Nutrition Education Services, Oregon Dairy Council, c1991.
CALL NO: Game no. 28
Summary: A game similar to Trivial Pursuit, but designed to test players' knowledge of nutrition, general health, and exercise. Questions are asked from the following categories: vitamins/minerals/fiber, calories/fat/cholesterol, exercise/body weight, salt (sodium)/ sweeteners/ caffeine/alcohol, and miscellaneous.

Heart challenges
3 activity kits (posters, booklets, mini lessons, buttons, teacher's guides, and program coordinator's guides).
Dallas, TX: American Heart Association, c1991.
CALL NO: Kit no. 197
Summary: Presents factual information on cardiovascular disease, as well as other strategies to encourage teenagers to make and maintain changes in how they live.

How much fat?
Sharon E. Buhr
10 test tubes with fat pats
Valley City, ND: Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 15
Summary: This is an educational set containing the amount of fat found in various foods. It explains about fat and possible risk of heart disease.

How much salt?
Sharon E. Buhr
12 test tubes with salt + 1 guide
Valley City, ND: Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 14
Summary: This is an educational set that provides 12 test tubes containing the amount of salt needed by the body and the amount found in various foods. It explains about sodium and hypertension.

Jack Sprat's table
Judy Johnston
1 game (1 board, 2 packages food cards, 1 package play money, 2 dice, 4 player pieces, and 1 set of rules).
KS: Kansas LEAN, 1992.
CALL NO: Game no. 27
Summary: The object of the game is to accumulate food cards representing at least the minimum of servings in every food group represented by the Food Guide Pyramid.

The joy of snacks: good nutrition for people who like to snack
Nancy Cooper
269 p.
Minnetonka, MN: Diabetes Center, 1987.
CALL NO: TX551.C62
Summary: The health benefits associated with sensible snacking, and over 200 recipes for a variety of tasty and nutritious snacks are presented in this cookbook from the International Diabetes Center. Guidelines are included for interpreting nutrition labels on food products, and for selecting convenience snack foods. Recipe categories include 1) appetizers, 2) beverages, 3) dips and spreads, 4) muffins and breads, 9) cookies and bars, 10) pies, 11) desserts, 12) sweet tidbits and 13) frozen snacks. Recipes were developed in accordance with the Dietary Guidelines for Americans, and were modified to reduce calories, saturated fats, cholesterol, sodium, and refined sugar. Recipes include nutrition information per serving and food exchange values based on the diabetic exchange lists.

Living well in Florida schools
Ruth V. Kangas, et al.
Tallahassee, FL: State of Florida Dept. of Education, Dept. of Health and Rehabilitative Services, Florida Nutrition Education & Training Program, 1988.
CALL NO: TX354.K35
Summary: The program was developed for school food service personnel, but may be utilized by others with an interest in personal health. It is designed as a correspondence course with a designated monitor in each participating county. The text covers overall wellness, nutrition, exercise, stress and addictions in ten chapters. Each chapter takes about one to two hours to complete, but should be carried out over a week, to ensure behavior changes.

Lookin' good feelin' good: a health kit for grades 7-9
Toronto, ONT (Canada): Beef Information Centre, 1987.
CALL NO: TX364.L67
Summary: This health kit is designed to assist teachers in raising students' awareness of basic energy requirements and nutritional principles in order to form personal eating patterns and activity levels that promote lifetime good health.

Make a body conscious choice
1 guidance materials book, 9 plastic display easels, 9 plastic signs, 25 book covers, 16 printed name tags, 12 blank name tags, 16 plastic name tag covers, 1 red grease pencil, 10 posters, and 2 duplication masters.
Atlanta, GA: The School and Community Nutrition Division, Georgia Department of Education, 1989.
CALL NO: Kit no. 109
Summary: Promotes healthful food choices for secondary school students at school and elsewhere. Low-fat, low-cholesterol food selections are encouraged through bright posters, handouts, activity cards and book covers. A point-of-choice nutrition education program for teens.

Nasco's food and nutrition: not-so trivial
Carol R. Schmelzel
1 game (54 game cards, 2 score pads, 1 die, 1 paper punch, 1 set instructions, 1 teacher's guide, and 1 cardboard insert)
Fort Atkinson, WI: NASCO, c1991.
CALL NO: Game no. 25
Summary: Game for two to six people based on Trivial Pursuit concept. Players answer questions in each of the following categories: nutrition and health facts, food and nutrition choices, buying and storing food, food preparation and cooking, safety and sanitation, and table setting and table manners.

Nutrition in the cafeteria
1 vol.
Denver, CO: Colorado Department of Education, 1993.
CALL NO: TX364.N888 1993
Summary: Contains materials that can be used to teach children the importance of eating breakfast, as well as general nutrition information and sample school lunch menus.

Nutriquest
1 game (4 color coded sets of questions and answer cards, 1 die, and instruction sheet)
Hamburg, NJ: DDA, 1990.
CALL NO: Game no. 20
Summary: Using color coded cards (yellow for cooking, red for leftovers, blue for nutrition knowledge and green for food facts), the game uses question and answers to review nutrition and various aspects of food. It can be used by 2 to 30 players.

Nutrition education activities for teaching
Food and Nutrition Dept., North Dakota State University, College of Home Economics Bismarck, ND: The Program, 1987.
CALL NO: TX364.T41
Summary: These 10 nutrition education activity sets were developed for the primary, intermediate and junior high levels and designed to supplement the teacher inservice modules "Teaching Nutrition." Each activity set corresponds to the nutrition topic covered in one module of the "Teaching Nutrition" set. The activity sets provide hands-on classroom materials for teaching nutrition and every set has selected concepts and objectives for the nutrition topic it covers.

Once upon a recipe: delicious, healthy foods for kids of all ages
Karen Greene
96 p.
New York, NY: Perigee Books, c1992.
CALL NO: jTX652.5.G72 1992
Summary: More than fifty delicious, healthy recipes, allusions to works of children`s literature and cooking tips. Sample items: Babar's Carob French Toast, Shakespeare`s Breakfast Sandwiches, Rumpelstiltskin's Pillow, and Bambi's Salad Bowl.

Penn State nutrition science lab experiments and pen-and-paper activities
Penn State Nutrition Center, Dept. of Nutrition, College of Health and Human Dev. University Park, PA: The Pennsylvania State University, 1991.
CALL NO: TX364.P4
Summary: This publication is a collection of experiments, science projects, and pen-and-paper activities relating to diet and nutrition topics. Topics include: acid-base indicators in foods; anatomy of a hotdog; body composition by anthropometry; digestion; isolation of caffeine; testing for vitamin C in beverages; effect of switching to lower fat milk; food irradiation; chemicals we eat; what is an acceptable average daily intake for Nutrasweet; and more. A summary of the concepts covered in each activity is included.

Audiovisuals

Adventures of the Spaceship Baud into the starsystem Alcohol
Multimedia Laboratories
Presented by Florida State University, Florida Nutrition Education and Training, Florida Department of Education, Florida State University.
1 videocassette (VHS) (17 min.) and 1 manual.
Tallahassee, FL: Multimedia Laboratories, c1990.
CALL NO: Videocassette no. 1087
Summary: The video uses a spaceship spoof on alcohol-inducted body reactions concerning nutrients to introduce body impairments when alcohol is consumed. Additional nutrition education materials for middle and high school classroom use are included in the accompanying manual as well as two sets of tests.

The aisles have it!
1 videocassette (VHS) (14 min.) + 1 teacher/leader guide
Chicago, IL: Freeman Pictures, c1991.
CALL NO: Videocassette no. 1767
Summary: A brief vignette about two teens whose school assignment leads to the grocery store. Includes tips on food packaging, labels and ingredients, unit pricing and how to get more nutritionally for your food dollar.

American foods of the South set
Life/form replicas
10 models: plastic
Ft. Atkinson, WI: NASCO.
CALL NO: Model no. 6
Contents: Barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.
Summary: This package of food models contains 11 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. These models are useful for teaching a unit on ethnic foods.

Blubber busters: calories you can feel
Waco, TX: Health Edco, Inc., 1989.
CALL NO: Model no. 11
Contents: Candy bar, section of chocolate bar, lollipop, brownie, 2 cookies, snack cake, apple pie, iced donut, ice cream cone, bon-bon, chocolate kiss, 4 chocolates, biolike artificial fat; in case.
Summary: These "food for thought" snacks are made from bio-like artificial fat and are sized so that 1 oz. of fat represents 220 calories of real food. Eating 35000 more calories than are used up by normal metabolism and exercise will produce approximately 1 lb. of new body fat. As an example, 1 extra 200 calorie candy bar every day equals 21 lbs. of fat gain per year. Feel before you eat. These models are intended to motivate clients to change their eating habits in order to lose weight.

Carbo choices: a quiz on carbohydrates
Barbara Shannon
1 videocassette (VHS) (16 min.), 1 providers' manual, and 1 poster
University Park, PA: The Penn State Nutrition Center, 1989.
CALL NO: Videocassette no. 1174
Summary: Designed to encourage audience participation and self-evaluation while addressing issues and concerns related to the consumption of sugar, starch, and fiber. Provides worksite program providers with the necessary materials to develop, implement, and evaluate this nutrition education program.

Choices: it's time to eat right: healthy food choices for teens: working draft
1 videocassette (VHS) + 1 instructional guide packet (pamphlets, forms, worksheets, references, duplicating masters, etc.)
Honolulu, HI: Nutrition Branch, Hawaii State Dept. of Health, c1992.
CALL NO: Kit no. 154
Summary: Video presentation and instructions to help adolescents make healthy food choices. Material is ethnically appropriate for Hawaii's populations, and video features Hawaii's own students, athletes, and famous personalities with their nutrition messages.

Choosing a healthy start: nutrition for pregnant teens: working draft
1 videocassette (VHS) + 1 instructional guide packet (pamphlets, forms, worksheets, references, duplicating masters, etc.)
Honolulu, HI: Nutrition Branch, Hawaii State Dept. of Health, c1992.
CALL NO: Kit no. 153
Summary: Video presentation and instructional suggestions for use in helping pregnant adolescents make healthy food choices. Material is ethnically appropriate for Hawaii's varied populations.

Daily food choices for healthy living
United Learning
1 videocassette (VHS) (16 min., 25 sec.), 1 teacher`s guide, and 37 duplicating masters.
Niles, IL: United Learning, 1992.
CALL NO: Videocassette no. 1671
Summary: Explains and brings alive the very latest information on Dietary Guidelines. Designed for multi-grade and interest levels, the program includes information and activities on the five food groups.

The danger zone: a food safety program for teens
1 videocassette (VHS) (25 min.), 1 teacher's guide, 1 poster, and 1 evaluation card
Washington, DC: U.S. Dept. of Agriculture, Food Safety and Inspection Service:
St. Petersburg, FL: Modern Talking Picture Service, 1991.
CALL NO: Videocassette no. 1168
Summary: Developed for use by teachers of health, home economics, and science on the secondary level, It is designed to teach the basic elements of safe food handling to teenagers. Includes learning activities, activity sheets, evaluations and other resources.

Dietary Guidelines for Americans
1 videocassette (VHS) (15 min.)
West Lafayette, IN: Department of Foods & Nutrition, Purdue University, 1987.
CALL NO: Videocassette no. 735
Summary: The video program presents what are the nutrition requirements for the average adult and child. It shows what foods to eat to meet the requirements and what to avoid. The requirements are based on the USDA nutrition requirements guidelines.

Eater's digest: a guide to nutrition for teenagers
Bonnie A. Spear and Ronald A. Feinstein
1 videocassette (VHS) (93 min.) + 1 teacher's manual
Birmington, AL: University of Alabama, 1987.
CALL NO: Videocassette no. 883
Summary: This teaching package is a compilation of a comprehensive nutrition education curriculum covering 13 major subject areas: digestion, energy providers, vitamins and minerals, comparative shopping, food preparation, nutrition during pregnancy, infant/child nutrition, adolescent nutrition, weight management and eating disorders, fat diets, nutrition and athletics, coronary heart disease, and dietary guidelines. The video introduces the subject; and the manual provides the teacher with the reference tools, vocabulary list, fact sheets, activities, and in-depth information on the subject area.

Eating disorders you are not alone
Meridian Education Corporation
1 videocassette (VHS) (30 min.) + 1 teacher's guide
Bloomington, IL: Meridian Education Corp., 1988.
CALL NO: Videocassette no. 988
Summary: Video defines anorexia nervosa, bulimia, and compulsive overeating. By including case studies of recovering patients and showing how they started and what the treatment is, the video helps teenagers understand such eating disorders and offers hope to those in their grip.

Fat: a balancing act
Washington State Dairy Council
1 poster, 1 brochure, 6 duplicating masters, and 3 lesson plans
Seattle, WA: The Council, c1993.
CALL NO: Kit no. 157
Summary: Designed to help teenagers learn to lower their fat intake while maintaining a balanced diet. Discusses the five food groups and the Food Guide Pyramid, serving sizes, personal fat budgets, and food trade-offs.

Five pound body muscle replica
1 model: plastic
Ft. Atkinson, WI: NASCO.
CALL NO: Model no. 2
Summary: This five-pound body muscle replica is a model of human body muscle. Designed to show the muscle configuration developed through exercise, this graphic may be used to motivate patients to exercise regularly.

Food for thought
Playing With Time, Inc., PBS and WGBH with Taylor Productions, Inc.
1 videocassette (VHS) (30 min.)
Los Angeles, CA: Direct Cinema Ltd., 1988.
CALL NO: Videocassette no. 1030
Summary: Kathleen strives to win first place in the science fair while denying her symptoms of anorexia nervosa.

Food replica package no. 1
Life/form replicas.
36 models: plastic
Ft. Atkinson, WI: NASCO.
CALL NO: Model no. 3
Contents: Meat: seafood, poultry, pork chop, hamburger, haddock, fried egg, hard-cooked egg, chicken leg, chicken thigh, chicken breast. Vegetables: broccoli, carrot sticks, frozen peas, baked potato, sweet potato, tomato juice, salad. Grains: bread, hamburger bun, cornflakes, rice. Fruit: half banana, half grapefruit, orange juice, orange, canned peaches, whole peaches, raisins, strawberries. Desserts: angel food cake, jell-o, chocolate pudding. Dairy products: butter, cottage cheese, swiss cheese, skim milk. Miscellaneous: dressing, peanut butter.
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program.

Food replica package no. 2
Life/form replicas.
30 models: plastic
Ft. Atkinson, WI: NASCO.
CALL NO: Model no. 4
Contents: Meat, seafood, poultry: bacon strips (2), ham, beef patty, liver, bologna, wiener, tuna, steak. Sandwiches, soup, casseroles: chili, bread and peanut butter, vegetable soup, spaghetti. Vegetables: asparagus, baked beans, green beans, beets, mashed potatoes, whole kernel corn, tomato juice. Grains: graham crackers, soda crackers, cream of wheat. Desserts: sheet cake with icing, sheet cake without icing, apple pie, ice cream. Dairy products: cheddar cheese, American cheese. Miscellaneous: ripe olives.
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

Food replica package no. 3
Life/form replicas.
26 models: plastic
Ft. Atkinson, WI: NASCO.
CALL NO: Model no. 5
Contents: Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp. Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, cole slaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program.

The good food game
Merilyn Cummings
54 pattern and food cards, text, and wallet
Stillwater, MN: Abrahamson Publishing Company, 1989.
CALL NO: Game no. 17
Summary: The game is a self-help system based on the American Dietetic Association's Food Exchange System. The cards help you keep track of what you've eaten so that you can monitor fat intake. The text explain the game and provides the nutritional instructions and information.

Guide to good eating: a recommended daily pattern
Guia para comer bien: un modelo diario recomendado
2 wall charts
Rosemont, IL: National Dairy Council, 1987.
CALL NO: Graphic no. 110 F&N 1987
Summary: Colorfully shown, the food groups are represented in commonly eaten foods on this wall-sized poster. On the reverse side, major nutrients for health are listed in a recommended daily eating pattern from the food groups. Protein, carbohydrates, calcium, iron, and vitamins A, C, B1, B2 and niacin are listed in terms of their food sources and major functions.

A healthy you, a healthy baby: answers for the pregnant teen
1 folded sheet
Boston, MA: Massachusetts Dept. of Pubiic Health, Massachusetts WIC Program, Nutrition Education Task Force, 1989.
CALL NO: TX361.W55W52 no. 285
Summary: This folded sheet provides nutrition and diet information for pregnant teenagers. The four food groups and the need for a balanced diet are discussed. Other topics include: weight gain, smoking, alcohol, drugs, nausea and vomiting, constipation and heartburn.

High fiber food package
Life/form replicas.
28 models: plastic
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 9
Contents: Prunes, strawberries, orange, apple, cole slaw, carrot sticks, whole tomato, broccoli, oatmeal, brown rice, bran muffin, popcorn, chili with beans, kidney beans, canned peach halves, orange juice, applesauce, cooked carrots, tomato juice, cornflakes, white rice, and hard roll.
Summary: This food model package focuses on increasing fiber in the diet. Both high fiber and low fiber food replicas are provided for demonstrating how changing food selections can increase fiber content of the diet. A Typical American eats 10 to 12 grams of fiber a day compared to the recommended daily intake of 25 to 35 grams.

How much fat?
Sharon E. Buhr
Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 15
Summary: This is an educational set that provides 10 test tubes containing the amount of fat found in various foods. It explains about fat and possible risk of heart disease.

How much salt?
Sharon E. Buhr
Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 14
Summary: This is an educational set that provides 12 test tubes containing the amount of salt needed by the body and the amount found in various foods. It explains about sodium and hypertension.

The inside edge
Christine Bernat and Mike Laur
1 videocassette (VHS) (8 min., 48 sec.) + 6 reproducible handouts
Thornton, CO: The Western Dairy Council, c1989.
CALL NO: Videocassette no. 944
Summary: Choosing the right fuel to achieve the inside edge is the focus of this sports nutrition video and the accompanying educational materials. The video is geared to the high school athlete, stressing the importance of a high-carbohydrate, moderate-protein, low-fat diet, high in fluids. The reproducible handouts cover eating while traveling, training diets, fluid replacement, precompetition diet, and carbohydrates.

It does a body good
Educational Film Center for the National Dairy Board
1 videocassette (U-matic) (10 min., 4 sec.)
CALL NO: Videocassette no. 1601
Summary: Designed to teach teenagers the importance of calcium in their diets. Shows ways to include calcium by eating a variety of dairy products.

La Piramide de la alimentacion
National Health Video, Inc.
1 videocassette (VHS) (10 min.)
Los Angeles, CA: National Health Video, c1993.
CALL NO: Videocassette no. 1783
Summary: Describes the Food Guide Pyramid and discusses the reason for the pyramid design. Introduces each food group featured in the pyramid, giving specific examples of foods to be found in each group. Discusses the nutrients to be found in each food group, how many servings are recommended from each group per day, and tells what a serving size is and why it is important.

Let's learn about your digestive system
1 videocassette (VHS) (14 min.) + 1 script/test
Waco, TX: Health Edco, 198?
CALL NO: Videocassette no. 1173
Summary: Discusses the basics of the normal human digestive system covering saliva and bile, the route food takes through the body, and the various organs involved in digestion.

Make nutrition come alive
Kendra Anderson, Patricia Hammerschmidt, and Ruth Eggert Linnemann
1 videocassette (VHS) (13 min., 30) + 1 leader's guide
Lansing, MI: Michigan 4-H Youth Programs, Cooperative Extension Service, Michigan State University, 1990.
CALL NO: Videocassette no. 1146
Summary: Contains ideas and information on how to teach nutrition and fitness to kids from ages 5 to 19 as well as to adults in a community group setting. Shows activities to be used in opening and closing a 4-H meeting as well as a variety of main event activities. The leader's guide gives information to help the teacher as a leader and includes an evaluation form.

Mexican-American ethnic food set
Life/form replicas.
12 models: plastic + 1 booklet
Ft. Atkinson, WI: NASCO.
CALL NO: Model no. 7
Contents: Hot chili pepper (jalapeno), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (frijoles in a bowl), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, crisp taco.
Summary: This package of food models contains 13 models of Mexican-American foods. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. Useful for teaching a unit on ethnic foods.

Nasco's eating right kit
Life/form replicas.
43 models: plastic + 1 poster
Fort Atkinson, WI: Nasco, c1993.
CALL NO: Kit no. 207
Contents: 1 teaspoon mayonnaise, 1 tablespoon French dressing, 1 tablespoon cooking fat, 5 butter pats, 1 teaspoon margarine, 1 chocolate chip cookie, 18 oz. glass whole milk, 18 oz. glass skim milk, 1 cup plain yogurt, 11 oz. slice American cheese, 1 scoop vanilla ice cream, 1 tablespoon peanut butter, 13 oz. fried chicken breast, 1/4 cup canned tuna, 13 oz. broiled beef patty, 1/4 cup baked beans, 1 fried egg, sunny side up, 3 oz. broiled haddock, 4 pecan halves, 1/2 banana, 1/4 small cantaloupe, 6 strawberries, 16 oz. glass orange juice, 1 whole fresh peach, 16 oz. glass apple juice, 2 canned pear halves, 1 whole fresh Bartiett pear, 1/2 cup cooked green beans, 1/2 cup broccoli, 1/2 cup canned whole kernel corn, 2/3 cup tossed salad, 1 baked potato, 1/2 cup cooked cauliflower, 1 slice white bread, 1 slice whole wheat bread, 6 salted soda crackers, 3/4 cup dry cereal, 2 halves hamburger bun, 1/2 cup cooked white rice, 1/2 cup cooked spaghetti, 1 flour tortilla, 1/2 cup oatmeal, and 3 plain breadsticks.
Summary: Contains models of a variety of foods from which to choose each day in order to get both the necessary nutrients and the right amount of calories to maintain a healthy weight. Focuses on foods that are low in fat.

Nutrition and exercise for the 1990's
1 videocassette (VHS) (35 min.), 1 teacher's guide, 1 activity log, and food group sheet
Pleasantville, NY: Sunburst Communications, 1989.
CALL NO: Videocassette no. 516
Summary: This program is designed to give students the latest facts about nutrition and exercise. It explains the components that make up a nutritionally adequate diet and demonstrates the effect of exercise on energy requirements. Topics include: the six classes of nutrients required by the body; developing caloric intake guidelines based on size and activity level; using the four food groups to develop a nutritionally balanced eating style; and how eating and exercise patterns improve health. The accompanying teacher's guide includes a food list.

Nutrition information and misinformation
1 videocassette (VHS) (30 min.)
University Park, PA: Audio-Visual Services, Pennsylvania State University, 1987.
CALL NO: Videocassette no. 348
Summary: This videotape is designed to identify types of nutrition information which may influence children's food choices; analyze the information according to its content, source and motives; and review visual, audio and print media as ways in which nutrition information is exhibited. Classroom activities which help students identify reliable nutrition information are shown. Aspects to consider in analyzing nutrition information include: Is the product a cure-all? Does someone profit from one using the product? Is the information biased? Advertising tactics utilized by the media to influence children's food selections include: emotional appeals, good looks, excitement, attention getters, and incomplete truths.

Pregnant teens taking care
Ed Schuman
1 videocassette (VHS) (22 min.) + 1 discussion guide
Los Angeles, CA: Wexler Films: Distributed by Churchill Films, 1989.
CALL NO: Videocassette no. 743
Summary: This video program discusses the importance of nutrition and early medical care during pregnancy and describes the ways in which the mother's eating habits affect the fetus as well as the risk of "casual" use of drugs, alcohol and cigarettes during pregnancy. Also the ways in which an unplanned pregnancy changes a teenager's life, the denial and depression which can accompany unplanned pregnancy and the value of support are discussed in depth. It can be very effective for pregnancy prevention programs because the video is supportive, does not preach yet clearly shows the consequences of unplanned pregnancy and the effects of cocaine and crack on unborn babies.

Putting the Pyramid into practice
40 slides, 1 script, 1 booklet, 3 lesson plans, and 1 order form.
Seattle, WA: Washington State Dairy Council, 1993.
CALL NO: Kit no. 192
Summary: Explains what the Food Guide Pyramid is and discusses how to use it. Users learn how to determine serving sizes, plan meals based on the Pyramid, and how to rate their diets.

Real people coping with eating disorders
1 videocassette (VHS) (27 min.) + 1 teacher's guide
Pleasantville, NY: Sunburst Communications, Inc., 1989.
CALL NO: Videocassette no. 778
Summary: Documents the stories of three young people recovering from eating disorders: bulimia, anorexia nervosa.

Real people meet a teenage anorexic
Rebecca Goalby
1 videocassette (VHS) (18 min.) + 1 teacher's guide
Pleasantville, NY: Sunburst Communications, 1989.
CALL NO: Videocassette no. 779
Summary: Designed to help viewers understand the pathology underlying anorexia by providing an in-depth picture of a young anorexic and her struggle to overcome her compulsion to refuse food.

Sound nutrition for teenage mothers-to-be
Theodosia Underwood
2 posters and 1 videocassette
Tallahassee, FL: Florida Nutrition Education & Training Program, State of Florida, Department of Education, c1991.
CALL NO: DNAL RG556.5.S68-1991
Summary: This module, with an accompanying video, is designed to be used in teen parenting classes to promote quality nutrition throughout pregnancy.

Sci-fi diet
1 videocassette (VHS) + 1 guide
Tallahassee, FL: Florida Nutrition Education and Training, Florida Department of Education, Florida State University, 1990.
CALL NO: Videocassette no. 1166
Summary: Designed to be used in conjunction with commercially available diet analysis software, this program provides nutritional information and offers instructions for recording diet intake.

Smart moves for your health
Richard Selover
1 videocassette (VHS) (6 min., 30 sec.), 1 teacher's guide, 1 activity book, 2 posters, and 1 leaflet
Rosemont, IL: National Dairy Council, 1990.
CALL NO: Videocassette no. 1170
Summary: Designed to help motivate teenagers make wise decisions about their eating and exercise habits to improve their overall health. Presents a 4-step model to follow to plan improvements in those habits.

Smart start
Department of Child Nutrition and the Department of School Improvement Services, Illinois State Board of Education
1 videocassette (VHS) (14 min.)
Alexandria, VA: American School Food Service Association, 1989
CALL NO: Videocassette no. 1184
Summary: Stresses the importance of nutrition to the learning process. Breakfast programs have been particularly beneficial to Illinois school children.

Sports nutrition: fueling a winner
Cambridge Career Products
1 videocassette (VHS) (60 min.) + user's manual
Charleston, WV: Cambridge Research Group, 1989.
CALL NO: Videocassette no. 862
Summary: Dispels some popular nutrition myths and educates the athlete regarding proper nutrition. Shows how the athlete's diet differs from the normal diet and how to calculate amounts of food to eat to maintain weight in spite of heavy exercise. Also discusses the importance of water.

Teenage parents: pregnancy
16 sheets
Stillwater, OK: Cooperative Extension Service, Oklahoma State University, c1992.
CALL NO: RG556.5.H86 1992
Summary: Each sheet covers a different aspect of pregnancy. Topics covered include daily food choices, complex carbohydrates and fiber, how the baby depends on foods the mother eats, iron, calcium, weight gain, overweight and underweight, morning sickness, heartburn, constipation, exercise, fast foods, alcohol, drugs, and smoking during pregnancy.

The truth about alcohol
Jean Robbins, Susan Simmons, Cynthia Benjamin, and Herb Sevush
1 videocassette (VHS) (20 min.) + 1 teacher's guide/script
Pleasantville, NY: Sunburst Communications, Inc., 1991.
CALL NO: Videocassette no. 1148
Summary: Designed to provide middle-school students with facts about alcohol such as what alcohol is, how it acts on the body, and why young people are so vulnerable to its dangers. Focuses on situations adolescents can relate to their own lives: peer pressure to drink, problems caused by drinking and driving, and the emotional trauma of living with a parent who abuses alcohol.

The tubes: fat foods
Dixie Havlak
36 glass tubes containing plastic representations of fat + 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
CALL NO: Model no. 21
Summary: A visual representation of the fat content in 36 food items, including several served in popular fast food restaurants. Examples include a Whopper with cheese, a Kentucky Fried chicken breast, and a Wendy's baked potato, as well as Doritos chips, french fries, cheddar cheese, ice cream, etc.

The tubes: sugar foods
Dixie Havlak
22 glass tubes containing sugar + 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
CALL NO: Realia no. 5
Summary: A visual representation of the sugar content in 22 food items, including several brand name foods. Examples include Skippy peanut butter, Fruit & Fiber cereal, Pepsi Cola, Fruit Loops cereal, and Jello, as well as canned peaches, a candy bar, ketchup, graham crackers, syrup, sweetened iced tea, etc.

Vegetarian diet supplement food package
Life/form replicas.
11 models: plastic
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 12
Contents: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.

Vegetarian food package
Life/form replicas.
34 models: plastic
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 10
Contents: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.
Summary: This package of vegetarian food models illustrates how to eat a healthy lacto-ovo (dairy and eggs) vegetarian diet and a vegan (all vegetable) diet.

Your active body digestion and absorption
Bill Walker Productions, Inc.
1 videocassette (VHS) (10 min., 35 sec.) + 1 guide
Northbrook, IL: Coronet Film & Video, 1987.
CALL NO: Videocassette no. 752
Summary: The video program is designed to introduce young people to the processes of digesting food and absorbing the nutrients from that food. Set in the comparison context of a zoo, young people are shown how the body works to digest food from the tearing action of teeth to the workings of molecules to feed the body. Proper nutrition is also discussed in the text of the food which zoo keepers feed to the zoo animals.

Resources for Children

A healthy you, a healthy baby: answers for the pregnant teen
1 folded sheet
Boston, MA: Massachusetts Dept. of Public Health, Massachusetts WIC Program, Nutrition Education Task Force, 1989.
CALL NO: TX361.W55W52 no. 285
Summary: This folded sheet provides nutrition and diet information for pregnant teenagers. The four food groups and the need for a balanced diet are discussed. Other topics include: weight gain, smoking, alcohol, drugs, nausea & vomiting, constipation and heartburn.

Changes: becoming the best you can be
Gary R. Collins, et al.
189 p.
Granville, OH: Quest International, 1988.
CALL NO: HQ796.C4 1988
Summary: This book for teens, part of the Skills for Adolescence Program, was designed to help adolescents deal with the process of becoming an adult. The book is a compilation of short stories and essays that focus on different aspects of adolescence. The following subject areas are included: adolescence, self-confidence, emotions, friends, family, decisions, and goal setting.

Diabetes: a book for children
Lisa Root Parker; based upon original materials by Gale Danek and Karen Weber
44 p.
Ann Arbor, MI: Michigan Diabetes Research and Training Center, 1981.
CALL NO: jRJ420.D5P372
Summary: Diabetes management is explained and illustrated by animal characters in this easy-to-read children's book. Diabetes is defined, and the role of insulin in glucose uptake by body cells and in release of energy from foods is described. The major components of diabetes management are insulin, proper diet, and regular exercise. Meal planning tips, based on the exchange system of food categorization, stress the importance of having carbohydrate and protein foods at each meal and snack. Calculating insulin requirements and blood and urine testing are explained. The importance of keeping accurate records of test results is emphasized. Causes, symptoms, and treatment of hyperglycemia and hypoglycemia are presented. The role that each health care team member plays in helping the patient manage his diabetes is discussed.

Eating the alphabet: fruits and vegetables from A to Z
Lois Ehlert
34 p.
San Diego, CA: Harcourt Brace Jovanovich, 1989.
CALL NO: jPE1155.E35 1989
Summary: Children's ABC book of fruits and vegetables, includes upper and lower case letters. Suitable for use with adults, or non-literate, or English as a second language populations.

Food and digestion
Steve Parker
48 p.
London, NY: F. Watts, 1990.
CALL NO: jQP145.P17
Summary: An introduction to the digestive system, discussing each stage of digestion, the organs which aid in the digestive process, and the assimilation of nutrients into the body's structure.

Food choice inventory: a test of food choice behaviors for students in junior and senior high school and adults
1 manual and test, 1 acetate overlay, 1 food choice inventory, and 1 group record sheet
Rosemont, IL: National Dairy Council; Chicago, IL: University of Illinois at Chicago, 1986.
CALL NO: jTX364.F66
Summary: Designed as a test of food choice behaviors for junior/senior high school students and adults, this test manual is a valid and reliable measure of food choices for these specific population groups. In a 40-item paper that can be administered in 4 - 10 minutes, students indicate their preferences for foods that are either high or low in nutrient value. Familiar foods, ethnic foods, and foods with a large response variance comprise the choices. Psychometric data, user information, scoring and interpretation of results are found in the Test Manual. A reproducible copy of the Food Choice Inventory, an acetate Answer/Key Overlay, and a Group Record Sheet are included.

Food in China: a cultural and historical inquiry
Frederick J. Simoons; maps by Mary Beth Cunha
Boca Raton: CRC Press, 1991.
CALL NO: GT2853.C6S56
Summary: This book is a study of Chinese food from a cultural and historical perspective. The historical focus is on traditional China of the nineteenth and early twentieth centuries, before the establishment of the People's Republic.

Getting it together: preparation, preservation and pH
JoAnn Harrison-McCloud
27 p.
Athens, GA: Cooperative Extension Service, University of Georgia, College of Agriculture, 1987.
CALL NO: jTX652.5.H3
Summary: This is a food preparation and preservation manual for 4-H'ers at the junior high level. The manual is divided into two sections: preparation (cooking), and preservation safety and storage. In the first section, food preparation is divided into two categories of cooking: dry heat and moist heat. Also covered is the purpose of specific ingredients in the cooking process. Activities include cooking different food items at varying lengths of time and methods to demonstrate why and how these foods react in different manners under different conditions. In the preservation safety and storage section much emphasis is given to problems arising in canning, freezing and drying. A great deal of emphasis is given to killing harmful bacteria and proper techniques to insure safe food products. Most activities involve canning fresh fruit and vegetables. One activity outlined is making dried fruit leathers and roll-ups. Citizenship activities for the project are also outlined.

Lookin' good feelin' good: a health kit for grades 7-9
1 portfolio
Toronto, ONT (Canada): Beef Information Centre, 1987.
CALL NO: TX364.L67
Summary: This health kit is designed to assist teachers in raising students' awareness of basic energy requirements and nutritional principles in order to form personal eating patterns and activity levels that promote lifetime good health.

New theories on diet and nutrition
Sally Lee
160 p.
NY: F. Watts, 1990.
CALL NO: jRA784.L398
Summary: Examines different types of nutrients and their effects on the body and discusses malnutrition, vitamin deficiencies, and other conditions which may occur if proper eating habits are not maintained.

Owner's maintenance manual: a guide for the proper care of the standard model body: type, human: style, teenager
20 p.
Storrs, CT: Connecticut Nutrition Education and Training Program, c1987.
CALL NO: RJ235.096 1987
Summary: Discusses what is meant by "good nutrition." Also discusses why breakfast is important, weight control, vegetarianism, and athletic performance. Contains dietary recommendations for specific sports, a daily food guide, and information on school lunches.

Safe dieting for teens
Linda Ojenda
105 p.
Alameda, CA: Hunter House Inc., c1993.
CALL NO: RJ399.C603B 1993
Summary: Discusses why fad diets don't work; why a realistic diet plan will include the dieter's favorite foods; how eating habits are tied to feelings; why dieting alone isn`t the answer; how to use mental imaging, worksheets, and goal board to help achieve the desired weight. Also discusses diet programs, diet drinks, diet pills, etc.

Shapedown just for teens!
Laurel M. Mellin
215 p.
San Anselmo, CA: Balboa Publishing, 1988.
CALL NO: RM222.2.M323 1988
Summary: Shapedown is a 12 week program for treating adolescent obesity, involving the instruction of health professionals (physicians, nutritionists, exercise and/or mental health professionals). Goals promoted for the adolescent are to promote safe short and long term weight loss, to decrease the risk of adult obesity, to improve weight-related behaviors and attitudes (i.e. self-esteem and body-concept), to facilitate normal psychosocial development, and to increase knowledge of exercise, nutrition and weight management. Concepts addressed through the Shapedown program are exercise, behavioral techniques, cognitive and stress management, communications and social support. Topics include: habit assessment; exercise; type of food; hunger; eating cues; speaking up; activity; special occasions; binge eating; preventing relapse and maintaining positive changes after completing the Shapedown program. The instructor's guide provides instructional goals, administration, setting up the program, press releases, legal forms, evaluation instruments, etc.

Student research projects in food science, food technology and nutrition
Edward E. Darrow
119 p.
Columbus, OH: College of Agriculture, Ohio State University, 1989.
CALL NO: TX364.S79 1989
Summary: None given

Tasting
Henry Pluckrose; photography by Chris Fairclough
32 p.
London; NY: F. Watts, 1986.
CALL NO: jTX546.P5
Summary: Photos and simple text describe the tastes of different types of food in order to stimulate the young reader to think about the flavors and textures of food.

Teens talk about alcohol and alcoholism
Students from the Mount Anthony Union Junior High School in Bennington, Vermont; edited by Paul Dolmetsch and Gail Mauricette
125 p.
Garden City, NY: Doubleday, 1987.
CALL NO: HV5066.T4
Summary: This book about teens and alcohol is a collection of thoughts and interviews written by kids, for kids, that candidly examines the confusion that children may have about drinking. Some of the youngsters in the book are recovering alcoholics, many are children of alcoholics, but all share common qualms and questions about the role alcohol will play in their lives. Issues discussed include: living with an alcoholic; overcoming peer pressures to drink; defining alcohol and what place it has in society; recognizing alcohol abuse in yourself or a family member; and, places to seek help if drinking becomes a problem. This publication can be read and discussed together by kids, parents, and teachers.

Resources for Adults

As a matter of fat
University of New Hampshire Cooperative Extension in cooperation with NH Division of Public Health Services, Bureau of Health Promotion.
1 leader's guide, 8 fact sheets, 10 pamphlets, and 50 duplicating masters
Durham, NH: University of New Hampshire Cooperative Extension, c1991.
CALL NO: Kit no. 163
Summary: Developed to help consumers decrease the amount of fat in their diet. The guide is a compilation of information and resources designed to help the health professional create and implement dietary fat reduction programs. The fact sheets provide consumers with practical tips on reducing dietary fat.

Chinese American food practices, customs, and holidays
36 p.
Chicago, IL: American Dietetic Association and American Diabetes Association, 1990.
CALL NO: RC662.C465
Summary: This book offers an evaluation and recommendations for the Chinese American diet as it pertains to the non-insulin dependent diabetic (NIDDM), which is a major health problem for older Chinese Americans (eighth leading cause of death among Chinese Americans).

Cholesterol in school age children: a program to develop awareness
Johanna C. Burani
1 vol. + 19 transparencies
CALL NO: RM237.75.B87 1990
Summary: The objectives of this program are to increase understanding of cholesterol levels in the blood and risks that may accompany elevated levels; to introduce heart-healthy food choices that encourage an adequate, but not excessive daily intake of dietary fats; and to promote regular exercise as beneficial to general health.

Classroom activities in nutrition in teenage pregnancy
Barbara A. Hetzel and Dian Gans
166 p.
Madison, WI: Wisconsin Dept. of Public Instruction: Available from the Dept.'s Publication Sales, 1990.
CALL NO: RG556.5.G3 1990
Summary: This book offers teachers of school-age parents a wealth of information, resources, and ideas whose effects are far reaching in support of two generations, those born today to teenage parents and the teenage parents who bear them. The lessons' step-by-step format can make lesson and unit planning much more efficient. The lessons have been revised to reflect increasing concern that the information is accessible to students from multicultural backgrounds and with diverse levels of reading competency. Chapters included the topics of: nutrients, wellness issues, smart consumer choices, postpartum nutrition, basic food groups.

Cooking for kids
1 vol.
Tallahassee, FL: State of Florida Department of Education, 1993.
CALL NO: TX945.2.C66
Summary: Developed in response to requests from Florida sponsors and staff of the USDA's Child Care Food Program and others. Shows how to; select economical, pleasant, and safe layout designs for the facility's kitchen; select practical and cost-efficient equipment and supplies; select appropriate accessory equipment and supplies; select equipment and plan kitchens and dining areas for babies and handicapped children with special needs; locate further information on specific equipment and sanitation codes from local regulatory agencies; consider aspects of food safety when planning a kitchen; consider issues of child development in order to make mealtimes pleasant and rewarding for the children ; and plan meals for special occasions.

The danger zone: a food safety program for teens
1 videocassette (VHS) (25 min.) + 1 guide folder (1 poster, 1 certificate of achievement, 1 teacher's guide, 1 evaluation card, and 1 order form)
St. Petersburg, FL: U.S. Dept. of Agriculture, Food Safety and Inspection Service, 1990.
CALL NO: Videocassette no. 1168
Summary: Developed for use by teachers of health, home economics, and science on the secondary level, this program is designed to teach the basic elements of safe food handling to teenagers. Includes learning activities, activity sheets, evaluations, and other teaching resources.

Eat to learn, learn to eat: the link between nutrition and learning in children
40 p.
Washington, DC: National Health/Education Consortium, 1993.
CALL NO: TX361.C5T76 1993
Summary: Discusses the problem of poor nutrition in America, the link between poor nutrition and learning in children, and how to expand and improve child nutrition programs.

Eating disorders: a question and answer book about anorexia nervosa and bulimia nervosa
Ellen Erlanger
64 p.
Minneapolis, MN: Lerner Publications Co., 1988.
CALL NO: jRC552.A5E75
Summary: This easy-to-read text discusses anorexia nervosa and bulimia nervosa. Several personal stories are related concerning these disorders and the text attempts to answer such questions as: What are the characteristics of bulimia and anorexia? What are the physical damages of eating disorders? What emotional pressures contribute to these disorders? What can you do to help an anorexic or bulimic who is resisting help?

Eating for a better start instructor's manual: a nutrition program for pregnant adolescents participating in the Expanded Food and Nutrition Education Program
Maryfrances Marecic, Irene Strychar, and Cheryl Achterberg
120 p. + 1 flip chart
University Park, PA: Penn State, College of Agriculture, College of Health and Human Development, 1990.
CALL NO: RG559.M3 1990
Summary: This educational program was created to use in teaching principles of nutrition to individual pregnant teens, groups of pregnant adolescents or with interested non-pregnant adolescents (both male and female). Topics include: discomforts of pregnancy (nausea, heartburn, constipation), nutrient needs, weight gain, substance use and abuse, breast-feeding, formula feeding, and infant-feeding. Each lesson contains a rationale, lesson specific objectives, activities, handouts, and an evaluation plan. The program also includes a flip chart, an appendix that lists additional resources, bibliographies on nutrition during adolescent pregnancy, and sources of inexpensive or free nutrition publications.

Food from farm to city
Hans Halberstadt and Vera Williams
1 videocassette (13 min.), 1 teacher's guide, and 1 advertising flyer
Irwindale, CA: Barr Films, 1987.
CALL NO: Videocassette no. 980
Summary: This video shows the path that food takes as it moves from farmlands to the dinner table and focuses on a few commodities such as milk, showing their complete production and distribution processes. The dependence of city and suburban dwellers on farmers for the food products they buy in the supermarkets is explained. Designed for kindergarten through junior high grades.

Food in China: a cultural and historical inquiry
Frederick J. Simoons; maps by Mary Beth Cunha
Boca Raton: CRC Press, 1991.
CALL NO: GT2853.C6S56
Summary: This book is a study of Chinese food from a cultural and historical perspective. The historical focus is on traditional China of the nineteenth and early twentieth centuries, before the establishment of the People's Republic.

Food tasting party manual for managers
Barbara Parnell, Archdioceses of New Orleans, NET Program
15 p.
Baton Rouge, LA: State Dept. of Education, Bureau of Food and Nutrition Serv., 1987.
CALL NO: TX364.P3
Summary: To assist classroom teachers in coordinating tasting parties, this manual sets forth guidelines to consider, particulars of planning and conducting tasting parties, and specific foods for menu planning. Each menu item considered includes preparation instructions, serving arrangement, and purchasing information. General food purchasing and accountability information is included.

Foods and nutrition: a practical approach
Lynn Blinn
183 p.
Cincinnati, OH: South-Western Pub. Co., 1989.
CALL NO: TX354.B55 1989
Summary: Practical nutrition information and dietary guidance are provided in this text designed to relate nutrition issues to a variety of daily living situations. The text is divided into four major sections: Deciding to be healthy; Managing your resources; Preparing practical meal; and Exploring your future. Key topics include human nutritional requirements; food guides; nutrition and athletics; managing time, energy, and money in meal preparation; kitchen safety and sanitation; careers in the food industry; and skills building in decision making, problem solving, and resource management. Chapter feature include learning objectives, definitions of key terms, personalized case studies, discussion questions, review summaries, recipes, learning activities, a glossary and index, and a variety of illustrations.

For our kids' sake: how to protect your child against pesticides in food
Anne Witte Garland; foreword by T. Berry Brazelton
87 p.
New York, NY: Natural Resources Defense Council, 1989.
CALL NO: TX571.P4G37
Summary: This book presents information about the hazards of pesticides in children's food. The author encourages reforms of current pesticide usage. In the interim, the author provides suggestions for decreasing the ingestion on pesticides, one solution is to simply wash all produce.

Guide for evaluation of nutrition educational materials
Karen J. Oby
26 p.
Bismarck, ND: MCH/WIC, North Dakota State Dept. of Health, 1989 - 1990.
CALL NO: TX364.G82
Summary: This booklet provides criteria for evaluating materials used in the North Dakota WIC Program for client or staff instruction. A checklist of characteristics to be examined in written and audiovisual materials is provided in addition to readability formulas, examples of sponsor bias and promotion, and recipe guidelines.

A healthy you, a healthy baby: answers for the pregnant teen
Boston, MA: Massachusetts Dept. of Public Health, Massachusetts WIC Program, Nutrition Education Task Force, 1989.
CALL NO: TX361.W55W52 no. 285
Summary: This folded sheet provides nutrition and diet information for pregnant teenagers. The four food groups and the need for a balanced diet are discussed. Other topics include: weight gain, smoking, alcohol, drugs, nausea and vomiting, constipation and heartburn.

Learning through laughter
Robyn Flipse; developed by Nutrition Education for the Public Dietetic Practice Group of the American Dietetic Association
80 p.
Chicago, IL: American Dietetic Association, 1990.
CALL NO: QP143.L43
Summary: This collection of cartoons is designed to guide teachers and provide examples on how to increase student awareness of good nutrition through humor, or use of cartoons.

Living well in Florida schools
Ruth V. Kangas, et al.
203 leaves
Tallahassee, FL: State of Florida Dept. of Education, Dept. of Health and Rehabilitative Services, Florida Nutrition Education & Training Program, 1988.
CALL NO: TX354.K35
Summary: The program was developed for school food service personnel, but may be utilized by others with an interest in personal health. This program is designed to be a self-study correspondence course with a designated monitor in each participating county. The text covers overall wellness, nutrition, exercise, stress and addictions in ten chapters. Each chapter takes about one to two hours to complete, but should be carried out over a week, to ensure behavior changes.

Mirror mirror: a resource guide for helping adolescents develop a positive body image and maintain a healthy weight
4 pamphlets, 9 duplicating masters, and 1 resource guide
Chicago, IL: Education Dept., National Live Stock and Meat Board, c1992.
CALL NO: Kit no. 162
Summary: A resource packet for school professionals to use with adolescents who have concerns about their body weight, shape, and image. Primary goals of the programs are to help adolescents develop a more healthy lifestyle and positive body image.

New theories on diet and nutrition
Sally Lee
160 p.
NY: F. Watts, 1990.
CALL NO: JRA784.L398
Summary: Examines different types of nutrients and their effects on the body and discusses malnutrition, vitamin deficiencies, and other conditions which may occur if proper eating habits are not maintained.

Nutrition a la culture: nutrition education units for minority groups served by the WIC and MAC programs
12 brochures, 254 duplicating masters, and 1 lesson plan.
Minneapolis, MN: Minnesota WIC Program, Minnesota Department of Health, 1992.
CALL NO: Kit no. 184
Summary: Designed to provide background information for WIC staff who work with various cultural groups. Also provides activities and handout materials that can be used with clients.

Nutrition and handicapped children: a handbook for parents and teachers
Nancy Wellman
46 p.
Tallahassee, FL: State of Florida, Department of Education, 1988.
CALL NO: TX361.H35W45 1988
Summary: Provides practical information for parents and teachers regarding common nutrition problems of developmentally delayed children and infants. Discusses loss of appetite and underweight; overweight; vitamin and mineral supplements; pica; allergies; nutrition and dental health; constipation; vomiting, diarrhea and fluid loss; gagging and rumination; infantilism; disruptive mealtime behavior; food texture; the School Lunch Program; diet and hyperactivity; drug nutrient interaction; etc.

Nutrition for a lifetime: a nutrition awareness program
Donna DeLoach, et al.
1 videocassette, 39 pamphlets, 3 duplicating masters, and 1 set resource materials.
Tallahassee, FL: State of Florida, Department of Education, 1992 (rev.).
CALL NO: Kit no. 159
Summary: Intended to increase the awareness of administrators, teachers, food service workers, other school system employees and parents about ways to encourage healthy dietary practices with children. Covers such topics as children and adolescent nutrition, healthy ideas for snacking and bag lunches, and general nutrition information.

Nutrition and the young athlete: resource packet for parents and educators
Linda Wicklund
1 portfolio
University Park, PA: Penn State Nutrition Center, The Pennsylvania State University, 1986.
CALL NO: TX361.A8N8
Summary: This packet of resource materials provides information concerning nutrition for young athletes. The items include reprints of articles, pamphlets, and leaflets. Topics include nutrition and fitness, children and sports, weight loss in wrestlers, training diets, and calorie expenditure of various activities.

Nutrition education in changing environments
Society for Nutrition Education
20 sound cassettes
Garden Grove, CA: InfoMedix, c1990.
CALL NO: Audiocassette no. 261
Summary: Discusses the following aspects of nutrition: understanding the implications of individual difference in learning for nutrition counseling, cultural sensitivity training for nutrition educators, worksite nutrition education, heart disease, diet and cancer, dietary guidelines, nutrition for the elderly, adolescent nutrition, computer-assisted instruction, weight control, food safety, food prices, food assistance, WIC prenatal care, etc.

Off to a good start: practical nutrition for children
Catherine Romaniello, et al.
200 p.
Englewood, CO: Wildwood Resources, c1992, 3rd ed.
CALL NO: TX361.C5R65 1992
Summary: A resource book for those who work with children. Provides nutritional guidelines for children and adults; information on food groups and nutrients needed for growth and development; practical advice regarding consumer decisions; helpful hints for meal planning and food preparation; information on recycling and on conserving energy while cooking. Contains activities for children.

Penn State nutrition science lab experiments and pen-and-paper activities
Penn State Nutrition Center, Dept. of Nutrition, College of Health and Human Dev. University Park, PA: The Pennsylvania State University, 1991.
CALL NO: TX364.P4
Summary: This publication is a collection of experiments, science projects, and pen-and-paper activities relating to diet and nutrition topics. Topics include: acid-base indicators in foods; anatomy of a hotdog; body composition by anthropometry; digestion; isolation of caffeine; testing for vitamin C in beverages; effect of switching to lower fat milk; food irradiation; chemicals we eat; what is an acceptable average daily intake for Nutrasweet; and more. A summary of the concepts covered in each activity is included.

Providing for the special food and nutrition needs of children
Kathleen Yadrick and Jeannie Sneed
61 p.
Hattiesburg, MS: Division of Applied Research , National Food Service Management Institute, University of Southern Mississippi, c1993.
CALL NO: TX361.H35Y33 1993
Summary: Results of a study undertaken to determine: the number and types of conditions requiring special diets and diet modifications required by children with special needs who attend schools that provide USDA-funded meals; administrative requirements for meeting special food and nutrition needs of children; costs involved in providing modified meals; continuing education needs of school nutrition employees, school nutrition managers, and district school nutrition directors/supervisors.

Putting the Pyramid into practice
40 slides, 1 script, 1 booklet, 3 lesson plans, and 1 order form.
Seattle, WA: Washington State Dairy Council, 1993.
CALL NO: Kit no. 192
Summary: Explains what the Food Guide Pyramid is and discusses how to use it. Users learn how to determine serving sizes, plan meals based on the Pyramid, and how to rate their diets.

The road to change
Janet Cope
1 videocassette (VHS) (25 min.) + 1 folder of handout masters
Atlanta, GA: School and Community Nutrition Division, Office of Administrative Services, Georgia Dept. of Education, 1991.
CALL NO: Videocassette no. 1112
Summary: This self-instructional nutrition video and guidebook assist child nutrition staff in improving nutritional status through implementing the Dietary Guidelines. Both show realistic ways to change food gradually in school settings.

School nutrition policies
10 sheets + 1 poster
Annapolis, MD: Maryland State Dept. of Education Nutrition and Transportation Services Office, Program Assistance and Monitoring Section, 1988.
CALL NO: TX360.U62M3
Summary: This nutrition policies packet for schools was designed by the Maryland State Department of Education, Nutrition and Transportation Services Office, to provide assistance in promoting good eating habits by students and a general concern about health and wellness. Components of the packet are: suggestions pertaining to school principals, teachers and food service personnel regarding how to promote good eating habits among students; examples of nutritious foods to be used for school events; a list of resources for nutrition education materials and services available from the Maryland State Department of Education, Nutrition and Transportation Office; and two posters to display in school entitled, "Make the Grade With Good Nutrition."

Seven most popular nutrition myths
National Health Video, Inc.
1 videocassette (VHS) (17 min.).
Los Angeles, CA: National Health Video, c1992.
CALL NO: Videocassette no. 1586
Summary: Educates consumers regarding popular nutrition myths including: bottled water vs. tap water, milk is only for kids, organic foods are better, vitamins can solve every health problem, all foods are bad or good for you, avoid meat because it has fat, and anyone claiming to be a nutritionist can prescribe a diet.

Shapedown just for teens!
Laurel M. Mellin
215 p.
San Anselmo, CA: Balboa Publishing, 1988.
CALL NO: RM222.2.M323 1988
Summary: Shapedown is a 12 week program for treating adolescent obesity, involving the instruction of health professionals (physicians, nutritionists, exercise and/or mental health professionals). Goals promoted for the adolescent are to promote safe short and long-term weight loss, to decrease the risk of adult obesity, to improve weight-related behaviors and attitudes (i.e. self-esteem and body-concept), to facilitate normal psychosocial development, and to increase knowledge of exercise, nutrition and weight management. Concepts addressed through the Shapedown program are exercise, behavioral techniques, cognitive and stress management, communications and social support. Topics included in the teen workbook are: habit assessment; exercise; type of food; hunger; eating cues; speaking up; activity; special occasions; binge eating; preventing relapse and maintaining positive changes after completing the Shapedown program. The instructor's guide provides instructional goals, methods of administration, setting up the program, press releases, legal forms, evaluation instruments, etc.

Smart choice, a guide to healthy food a workbook for school food service personnel
112 p.
Hartford, CT: State of Connecticut Dept. of Health Services, 1990.
CALL NO: TX911.3.T73S6
Summary: This publication discusses the connection between nutrition and cancer and supplies practical suggestions to limit the fat and increase the fiber in school lunches. The objective of this program is to fight cancer through healthy food choices. The school lunch information supplied by this document is intended to provide lunches with an average of 7-8.4 grams of fiber and no more than 27 grams of fat per meal based on a 600-800 calorie lunch for 7-10 year olds. Instructions for modifying recipes to reach these nutritional goals are included.

Sports nutrition resource packet for coaches and educators
Star Campbell
1 portfolio
University Park, PA: Penn State Nutrition Center, Penn State University, 1989.
CALL NO: TX361.A8S68
Summary: This packet of resource materials provides information concerning nutrition for athletes. The items include reprints of articles, pamphlets, leaflets, and a poster. Topics include: nutrition for sports performance, children and sports, calcium deficiency, protein, fast food meals and eating on the road, eating disorders, and steroids.

The strategic plan for nutrition education: promoting healthy eating habits for our children
24 p.
Washington, DC: U.S. Department of Agriculture, Food and Nutrition Service, 1993.
CALL NO: aTX364.S77 1993
Summary: Results of a planning conference in March 1992 initiated by USDA for the Nutrition Education and Training (NET). The strategic plan is to be used to guide federal and state leaders to provide nutrition education services to children, their parents, caregivers and food service personnel. The goal of the plan is to promote healthy eating habits to improve the health and well-being of children.

Understanding the new food label: an overview from the consumer perspective
Video and Teleconference Division, USDA
1 videocassette (VHS) (112 min.)
Washington, DC: The Service, c1993.
CALL NO: Videocassette no. 1565
Summary: Panelists with expertise in food labeling discuss three aspects of the new food labels including: nutrition claims on labels, new features of the label, and efforts by USDA and FDA to educate consumers with regard to the new label.

The white paper on school lunch nutrition

Washington, DC: Center for Science in the Public Interest, 1990.

CALL NO: LB3479.U5C5

Summary: This report, from the Citizen's Commission on School Nutrition, makes recommendations on school lunch nutrition. Some recommendations include: limit number of calories from fat to 35%; sodium should be kept to 1,000 milligrams per lunch; and non-nutritive foods (sodas, chips, candy, etc.) should not be sold during school hours.

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